

Disaster Preparedness for Home Care Agency and Hospice Agency Staff



NCCDP In-service Toolkit



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Objectives

- Know the difference between a disaster and emergency
- Identify agencies who can assist in the event of a disaster
- Name 5 types of disasters
- Have a general understanding of a disaster and how to prepare for a disaster
- Identify resources for disaster preparedness for people living with dementia.



Difference between a Disaster and Emergency

Disaster

Any man-made or natural hazard having potential to cause widespread destruction of property and human lives which can affect a larger number of individuals and on a larger scale

Emergency

Any situation that is threatening and requires quick response and usually centers around an individual or small incidences.

Modern Survival Blog: <https://modernsurvivalblog.com/modern-survival-ideologydisaster-and-emergency-whats-the-difference/>

How to prepare for a disaster?

Know the area disasters/emergencies that are prevalent in the location where you work. For example:

Be aware of your surroundings. Most employees do not live in the neighborhood. Its a good idea to walk or drive around where the building is located, at least a mile in each direction.

West Coast

EARTHQUAKES, FIRES, DAMS, POWER OUTAGES

East Coast

HURRICANES, FLOODING, POWER OUTAGES

Midwest

TORNADOES, FLOODING, FIRES, DAMS,
SNOWSTORMS, POWER OUTAGES

South

HURRICANES, FLOODING, POWER OUTAGES

*Know the evacuation routes and transportation options for the location

Preparedness is a State of Readiness

Being prepared for either an emergency or a disaster requires extra diligence when working with seniors, especially those with diagnosis of dementia.

Extra attention needs to be given for disaster preparedness. For example:

- Mobility (i.e. use of a walker or wheelchair, or may require more time)
- Routine: (i.e. timing of medications, who is responsible to bring medications and special needs, such as needles or pill crusher to evacuation location)

Examples of Potential Disasters



Which are probable in your area?

- ICE/SNOW ACCUMULATION
- FLOODING
- EARTHQUAKE
- FIRE
- VOLCANO
- MASS CASUALTY EVENT
- ELECTRICAL FAILURE
- COMMUNICATION FAILURE
- TRANSPORTATION INTERRUPTION
- ENVIRONMENTAL
- HURRICANE
- HAZARDOUS MATERIALS ACCIDENT
- TORNADO
- CIVIL DISTURBANCE
- TERRORIST ATTACK
- PANDEMIC/INFECTIOUS DISEASE
- INFORMATION SYSTEMS FAILURE
- CYBERATTACK
- WATER FAILURE
- HEAT AND AC FAILURE DUE TO POWER OUTAGE

See the worksheet. **Rate the probability of disasters in your location** to assess your risk vulnerability

A collection of various items including a red tent, a first aid kit, a water cooler, a stack of blankets, a flashlight, a map, a smartphone, and other survival gear.

**1 National Association for Home Care and Hospice,
Emergency Preparedness For Home Care Agencies**
http://www.nahc.org/assets/1/7/EP_Binder.pdf
(76-page Assessment Tool for Disaster Preparedness)

2 Toolkit for Disaster Planning Toolkit for People Living with Dementia

https://nadrc.acl.gov/sites/default/files/uploads/docs/12125NADRCdisasterplanToolkit_0_WITHEDITSPSG.pdf

(45-page downloadable document)

Living in the Community with Home Care Services

- Home care companies should have disaster plans as part of the client service plan.
- Family members and caregivers need to work with the home care agency to formulate a disaster plan for a particular situation.
- Disaster plans should be reviewed when a change in care needs occurs, e.g., no longer able to walk independently or more assistance required due to a decrease in cognitive function.
- Have an emergency notification app on your mobile phone. Your town or city will send out an alarm to your phone.
- Go to the app store on your mobile phone or read this article to see available apps for all mobile devices:
- <https://www.nydailynews.com/news/world/10-apps-save-life-case-emergency-article-1.2438105>



Supplies need to be in the home

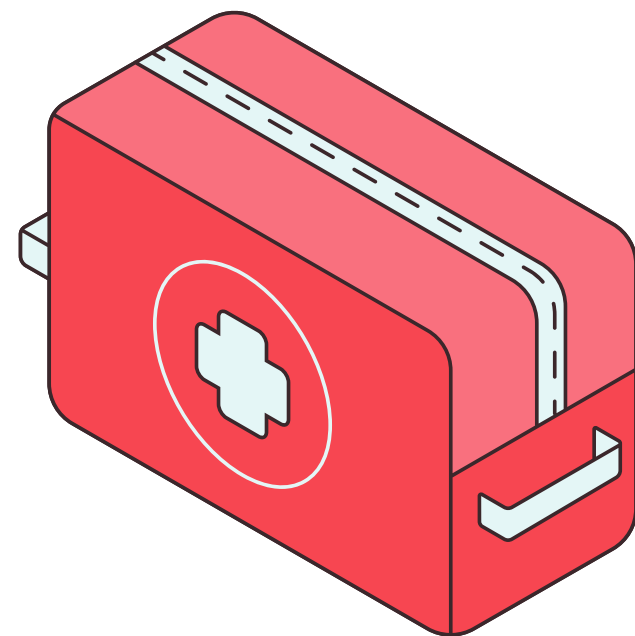
Especially during known disaster seasons

- Supplies should be based on the length of the disaster:
 - 24 hours
 - 3–5 days
 - Several weeks
- Evacuation: Where to go:
 - Plans for extended evacuation (e.g., staying with family or friends, going to an emergency shelter, or remaining at home).
 - Know where the evacuation routes are.
 - Transportation (e.g., car, ambulance, bus, family members).
- Emergency Contact Information:
 - Keep a copy of emergency contact information and important documents packed and near the front door or primary exit door.
 - Additional supplies may be needed (e.g., incontinence products, comfort items, clothes,



What Supplies are Necessary?

At a minimum, keep a 3-5 day supply of:



SUPPLIES

- Water
- Food
- Medications
- Toiletries
- Flashlights and extra batteries
- Battery-operated radio
- Extra blankets
- Personal supplies (e.g., depends, items for comfort)
- Alternate heating
- Mobile phone backup chargers
- Phone numbers of doctors, family, and agency managers

Practice the emergency plan at least once per year

- Practice with family.
- Practice with caregivers (Home Care staff).
- Practice with medical equipment (e.g., oxygen, walker).

Post emergency numbers on:

- Refrigerator
- By the phone

Maintain copies of medical papers, such as:

- IDs
- Doctor's numbers
- POA, Will, and other important papers



Emergency Management Organizations



- Local Police Department
- American Red Cross: <https://www.redcross.org>
- FEMA: <https://www.fema.gov/>
- Office of Emergency Management (OEM) for county and state: <https://www.doi.gov/emergency>
- Local Area Agency on Aging (AAA's): <https://www.aging.pa.gov/local-resources/Pages/AAA.aspx>

Specific Supplies



For people living with Dementia

Bring these items with you!

- Recent photo of the individual.
- Comfort item for the person to hold, such as a pillow.
- Warm clothes; dress in layers.
- Medications.
- Music, iPad, or tablet.
- Doctor's information.
- Elopement products, such as Project Life Saver:
- www.projectlifesaver.org/
- Snacks and drinks.

Be Prepared for any Emergency

With the Home Care Agency:

- Have a plan in the event of a power outage. How long will you remain in the home?
- Make a list of supplies and keep them on hand, checking expiration dates periodically.
- Have a list of emergency numbers; update as needed.
- Have a list of organizations to reach out to in case the current plan is no longer viable.
- Prepare or evacuate early during an imminent disaster; don't wait until it's too late to take action.
- Notify your contact list about where you evacuated to.

Resources:

- *"Emergency Preparedness is Everyone's Business"* by ACL Administrator and Assistant Secretary for Aging Lance Robertson; Administration for Community Living: acl@public.govdelivery.com
- *"Be Prepared Not Scared"* Official website of the Department of Homeland Security: <https://www.ready.gov/September>
- *"Disaster Preparedness for Alzheimer's Caregivers"*: <https://www.nia.nih.gov/health/disaster-preparedness-alzheimers-caregivers>
- *"Ensuring Safety and Quality in Nursing Homes: Five Part Strategy Deep Dive"* by Seema Verma, Administrator, Centers for Medicare and Medicaid Services: <https://www.cms.gov/blog/ensuring-safety-and-quality-nursing-homes-five-part-strategy-deep-dive>
- *"Disaster Resources: Preparedness, Response and Recovery"* by Colleen Bloom, August 19, 2019: <https://www.leadingage.org/members/disaster-resources-preparedness-response-and-recovery>
- McKnight's Long Term Care News *"Feds keep the heat on nursing homes' emergency prep training"* by Danielle Brown: <https://www.mcknights.com/news/feds-keep-the-heat-on-nursing-homes-emergency-prep-training>

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